

Exercise and Weight Control



Almost everyone has tried to lose weight at one time or another. People who have had the greatest success know that a person has to do two things to lose weight:

- **Eat fewer calories than the body needs.**
- **Increase the number of calories the body burns as fuel.**

“Burning Up” Calories With Exercise

Regular exercise is the best way to get the body burning more calories than are consumed as food.

That’s because during prolonged strenuous activity, the body requires a great deal of fuel, and it naturally turns to the biggest energy supply it has: stored body fat. The more exercise a person does, the more body fat is, in a sense, “burned up” to create energy.

Some kinds of exercise use up more calories than others. Aerobic exercise is the quickest “fat-burner”. and has the additional advantage of strengthening the heart. Popular aerobic activities include walking, running, aerobic dancing, swimming and bicycling.

Thus, to achieve weight loss, exercise aerobically for at least 30 minutes, at least three times a week.

Insuring Weight Loss Through Nutrition

Weight loss is not a matter of exercise alone. Eating the right foods can help the body lose weight at a healthy, moderate pace and also makes it more likely that the weight loss will be maintained over a long period of time. Proper nutrition helps a person lose the craving for high-fat, high-calorie foods and stimulates the desire for healthy, balanced low-fat meals.

Losing weight through proper nutrition and an exercise program can produce a slimmer, healthier body that is more likely to remain trim and fit over the long term. To maintain good health, also make sure you get all the vitamins, minerals, fiber and other nutrients your body needs.

The Successful Weight-Loss Formula

If you’d like to lose weight and you’re over 40, if you have an existing medical condition or special dietary needs, or if you experience unusual fatigue or other medical problems while on a weight-loss program, consult your physician or a registered dietitian.

With a program of exercise, nutrition and professional guidance you’re bound to succeed in losing weight—and in keeping it off.



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of the Employees Benefits Council.
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